



WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 4

DECEMBER 1, 2010

SPECIAL POINTS OF INTEREST:

- Health Assessments Wrap-up
- Upcoming Wellness Seminar
- Open Enrollment Deadlines

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Physician's Statements Due Dec. 10th



If you participated in this year's Healthy Lifestyles Risk Assessment and Biometric Screening and were asked to follow-up with a physician, due to one of your values being considered abnormal, you have until December 10th to return your Physician's Statement. This form was included in your return packet from St. Joseph. It requires that a physician or mid-level practitioner address the potential health risk and sign the enclosed form. We do not need to know your treatment plan. Please return this form to Risk Management by Friday, December 10th to receive the Healthy Lifestyles Insurance Premiums in 2011. If you have any questions regarding your qualification status, please call Lesley Becker at 209-5050. Also, please take time to complete the survey regarding your experience with this year's assessment and screening process. Click [here](#) to take the survey.

Healthy Holiday Eating Seminar

Worried about making it through the holiday season without gaining unwanted pounds? The City of Bryan's Wellness Program and St. Joseph Regional Health Center will host a seminar to give you tips to avoid overindulging at holiday parties and meals and share ways to "lighten up" your favorite holiday recipes.

Your are Invited!
Friday, December 3rd
10:00-11:00am
MOB Basement
Speaker: Michelle Dohrman
Registered Dietitian
St. Joseph Regional Health Center



Keep Warm with this Yummy Soup Recipe

Black Bean and Corn Soup



Ingredients:

- 15 oz can black beans, drained and rinsed
- 14-1/2 oz can low sodium Mexican stewed tomatoes, undrained
- 14-1/2 oz can low sodium diced tomatoes, undrained
- 11oz can whole kernel corn, drained
- 4 green onions, sliced
- 1 small green pepper, sliced
- 4 ribs celery, diced
- 3 Tbsp chili powder
- 1 tsp ground cumin
- 1 garlic clove, minced

Directions: Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours. Enjoy!

National Hand Washing Awareness Week

December 5-11, 2010

Hand Washing is the easiest and best way to prevent the spread of infection and illness. During influenza season, it is especially important that you practice good hand washing hygiene to reduce the spread of flu at home and work. You should also always wash your hands before preparing food, handling uncooked meat, coughing, sneezing or blowing your nose, after changing a diaper, using the bathroom or handling animals.



When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Sing "Happy Birthday" twice.
- Rinse your hands well.
- Dry your hands with a paper towel or air dryer.

Source: www.cdc.gov

Employee Health Clinic Update



Hallway view of Bryan Employee Health Clinic.

As promised, we want to keep you updated as we establish the City of Bryan Employee Health Clinic. The clinic location has been vacated and renovations will begin soon. City of Bryan staff and St. Joseph staff have been working

together to interview potential clinic providers. As soon as a provider has been selected, he/she will begin preparing for clinic operations and meeting with all City departments. The City of Bryan has also formed a Clinic Oversight

Committee. Committee Members include Lesley Becker, Cindy Kirk, Hugh Walker, Angela DeLuca, Ricky Van, Joe Hegwood, Jayson Barfknecht, Chief Eric Buske, and Kari Griffin. Stay tuned for more clinic developments!

Know Your Benefits

Important Open Enrollment Deadlines!

December 3, 2010

- **TaxSaver Plan** (you must re-enroll each year)
- **Vision Plan** (you must re-enroll)
- **HSA Health Plan** (High deductible plan with health savings account)



December 10, 2010

- **PPO Health Plan**
- **Life Insurance Changes**

All Open Enrollment forms are available on the COB Web homepage. Please contact Flo Garcia at 209-5053 or by email at fgarcia@bryantx.gov if you have questions.

Upcoming CPR and Defensive Driving Classes

CPR Classes

Dec. 14th (first time)
8am-5pm
MSC Training Room

Dec. 16th (renewal)
3pm-5pm
MSC Training Room



DDC Classes

Dec. 15th & 16th
8:30am-11:30am
MSC Training Room

Contact Howard Hart at 209-5056 or by email at hhart@bryantx.gov to register for these classes!



*Have a Safe and Happy
Holiday Season!*

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050
lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.